

SPRING INTO FITNESS – 2013!

This is a 10-week program beginning April 8 and lasting until June 14 sponsored by the Wellness Committee and HR department. Employees sign up through the [HR Department](#). Family and friends of employees may also sign up under the employee's team name.

A [Fitness Log form](#) will be provided to each participant to record the daily fitness activities in minute (recommend a minimum of 30 minutes per day/5 days per week.) Copies of participants' Log Form or weekly tallies will be sent to Morgan Maynard-Dixon in HR each Monday following the previous week. A drawing will be held weekly for those employees who have submitted their tallies.

Calendars of Events:

Local walking/racing events will be calendared, as well as daily fitness challenges and health tips sponsored by your Wellness Committee in [April](#), [May](#) and [June](#). Calendars will be revised as new events are added. Check often! [Click here](#) for details on these challenges.

Teams:

Teams (a Team can be 1 person or up to 5 people) who register for the [Governor's Cup](#) will receive a Team T-shirt to wear at the race. (Last day to register is June 6th.) Team names are welcome—the more creative the better! (i.e., "West Side Divas," "Double Shot," "It's All Good," etc.).

If you have questions, comments or concerns, please e-mail [Morgan](#).

Here's to better health, wellness and stamina!

(Words highlighted in [blue](#) above are links to additional information for you.)